

VITAL SIGNS

VOL VI No. 8

Naval Hospital, Orlando, Florida

1 July 1983

Change of Command for NRMC Orlando

"I relieve you, sir!"



U. S. Navy Photo

CAPT Albert Herr, DC, USN

On 23 June, Captain Albert Herr, DC, USN, assumed command of the Naval Hospital, Orlando. Captain Herr has served as a Naval officer for 28 years, with distinction, at duty stations and ships worldwide. Captain Herr reported to Orlando from NRDC, Jacksonville, where he was the Commanding Officer. He is married to the former Mary Ruth Alley of Culman, Alabama, and they have two children, Caron Michael and LT Albert Herr, III, USN.

"I stand relieved!"



U. S. Navy Photo

CAPT Larry R. Fout, MC, USN

At the Change of Command ceremony, Captain Fout said that each command was special but since this was his last command, it was doubly special. "However, the real specialness lies in my staff, both civilian and military. The cooperation, the understanding, the growth and caring we gave ... and shared. It is that specialness that I will so miss and for which I'm truly grateful and will always remember." Captain Fout will remain on board until his retirement, 1 November.

Bowlers



Pictured above with a collection of trophies from the South Atlantic Region, Division II roll - offs are: (left to right) LCDR Jean Truhe, NC, 1st place doubles and team, 2nd place singles and all events; LCDR Donna Martin, MSC, 1st place doubles and team and 3rd place for all events; LCDR Jo Christensen, NC, 1st place for team and 4th for all events; and PR2 Leigh Staffney, RTC, 1st place team and 5th place for all events.

Commander's Cup

Horseshoe Champs



All that clanging you heard over at NTC recently, was our Championship Horseshoe Team slamming in those ringers as they devoured their competition - (would you believe 6 other teams!) Our champions are Captain Fout and Master Chief Clements.

Whoooizzit?



Do you know this staff member? The answer is on Page 12.

American Red Cross



**Volunteer hours
for May -
2,379**

Vital Signs' Staff

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
Nursing Services Coordinator:
LT C. M. Pagliara, NC, USN
Steth-o-Scoop Reporter/Photographer:
HM1 Bogan McQuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN A. HERR, DC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

Contents of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, Room 1800, Building 500, by noon of the 20th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS, appropriate credit must be given.

STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



Who would you nominate as a Hospital Employee of the Year (military or civilian)?



CDR Marie Troseth, NC, Quality Assurance: CAPT Schefstad. He is understanding and supportive of every person needing help or advice. He is like the ideal dad."



HM3 Courney Abrams, Inhalation Therapy: "LCDR Robert J. Russ, NC, Medical/Psychiatric Unit. He is a very hard and enthusiastic worker, willing to get his hands dirty. A true leader and friend to his workers."



Charles Moore, Housekeeping Officer: "Martin P. McCaffrey, Night Foreman. He is dependable, fair, trustworthy, and all around A-OK guy!"



LCDR Thomas Twarog, NC, E.R.: "Mrs. Lois Wilkerson, CPD, because of her cooperative, honest approach toward common health care goals to provide departmental equipment resource support."



HN Keith Allen, Dermatology Clinic: "LCDR Shirli Pollard, NC, Education Service. "She's tops and she doesn't seem to get the credit she deserves. Besides, she is my favorite nurse!"



Cheryl Evans, Outpatient Administration: "I would nominate Evelyn Rhodes, Secretary to the DAS, because she is always calm, pleasant and helpful."



CAPT
Schefstad



LCDR
Russ



Martin
McCaffrey



Lois
Wilkerson



LCDR
Pollard



Evelyn
Rhodes

Staff Journal - Departures



Diane Wilson - resigned



Mary M. Ramsey - retired



George Walton - resigned



CDR Joseph Navoy, MC - transferred



LTJG Miguel Leorza, MSC - transferred



CW02 Thomas Ellis, PA - transferred



LT Gregory Flynn, MC - RAD



Phyllis Burke, RN -
20 year pin

Reenlistments



On 10 June, CDR Pratt, Laboratory Officer, reenlisted HMC James E. Ragsdale for four more years. Present for the ceremony, was Chief Ragsdale's wife, Sylvia.



HM1 Wendell Bell, Medical Repair, was reenlisted on 1 June by LCDR W. R. Sattley, MSC, Chief of Fiscal and Supply Service. HM1 Bell reenlisted for 6 years.

3rd Class



As they departed for their new duty stations, Captain Fout "frocked" two of the new 3rd Class Petty Officers. HM3 Linda Carmel (on left) and HM3 Sylvia Thompson.

Promotions

1st Class



On 17 June, Captain Fout frocked the newest First Class Petty Officers. From left to right: HM1 Glenn Barbelet, HM1 Stephen Pyles, HM1 David Orenze, and HM1 Patricia Shockey.

2nd Class



Sporting new 2nd Class rating badges are, from left to right - front row: HM2 Teodoro Diaz, HM2 Julie Ullrich, HM2 Derril Pruitt, HM2 Knox Owens, HM2 Pamela Paige, HM2 Sheryl Handley, and HM2 Elvethia Torres. Back row: HM2 Marino Quinsay, HM2 Cynthia Buchanan, HM2 Anthony White, and HM2 Clement Richardson.

EMT's



The second class of EMT's were graduated on Friday, 10 June. Left to right, front row: HA John Lamberton, HM3 Frank Thompson, and HN David Koons. 2nd row: Captain Fout, HM2 Frank Bolanos, HN Tomas Laureano, HN Sheila Scott, HM3 Jackie Wills, HM3 Sylvia Wilber, HM2 Kathy Michaels, and CW03 Jerry Vance, Instructor. 3rd row: HN Mark Grodsky, HM3 Dean Cary, HM3 Tony Sires, HN Guillermo Marquez-Sterling, HM3 Remi Lema, and HM3 Warren Cowart.

Boatswain's pipe, bells, musical honors - herald a tradition

Change of Command Ceremony

PROGRAM

ARRIVAL OF OFFICIAL PARTY AND DISTINGUISHED GUESTS

PARADING OF THE COLORS

NATIONAL ANTHEM
NAVY BAND ORLANDO

INVOCATION

LIEUTENANT JAMES L. DOSS, CHC, USNR

INTRODUCTION OF GUEST SPEAKER
REAR ADMIRAL ALENE B. DUERK, NC, USN (RET.)

REMARKS

REAR ADMIRAL ALENE B. DUERK, NC, USN (RET.)

REMARKS AND READING OF DETACHMENT ORDERS
CAPTAIN LARRY R. FOUT, MC, USN
COMMANDING OFFICER RELIEVED

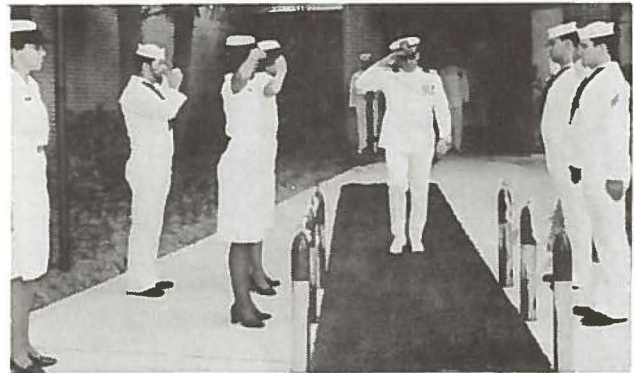
READING OF ORDERS TO COMMAND AND REMARKS
CAPTAIN ALBERT HERR, DC, USN
COMMANDING OFFICER, RELIEVING

BENEDICTION

LIEUTENANT JAMES L. DOSS, CHC, USNR

RETIRING OF COLORS

Music provided by Navy Band Orlando



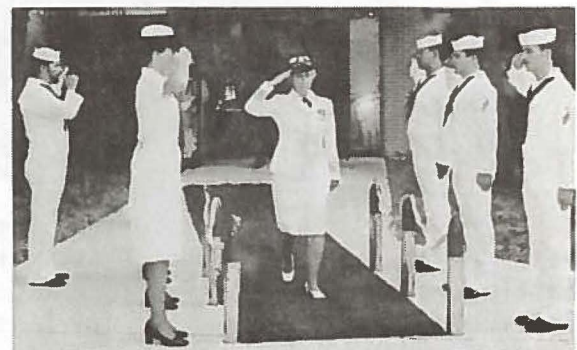
CAPT Fout



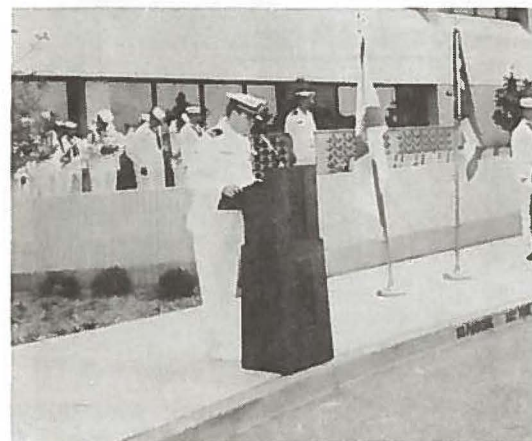
CAPT Herr



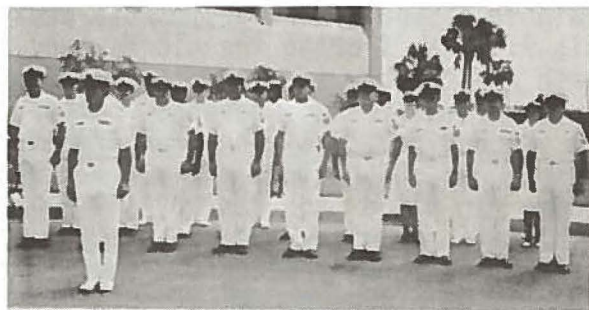
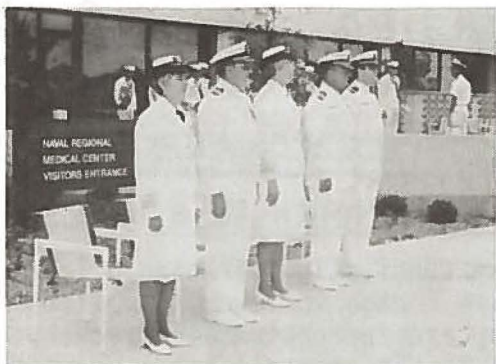
RADM Duerk



RADM Hartington



Chaplain Doss



... flowers for Mrs. Fout



... and Mrs. Herr





CHAPLAIN'S COMMENTS

By LT Janell Nickols, CHC, USN

Remember the Rainbow

As the sun slowly peers through the rain clouds, the light shines on the tiny droplets of water, and suddenly, a rainbow appears! It is a beautiful sight indeed. Every time we see a rainbow we are reminded of God's promise to Noah in Genesis 9: "When I bring the clouds over the earth and the bow is seen in the clouds, I will remember my covenant between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh." With this promise, God re-created the world which had been destroyed in the flood, and a new way of life was formed. Thus, the rainbow becomes for us a symbol of new life, re-created by God.

When we are faced with the storms of life, when dark clouds seem to overshadow us, when the rain of despair and disillusionment dampens our spirits, we need to "Remember the Rainbow." We need to let God re-create our life. We need to begin a new life, a life in which God is in control. For this is the only way we can keep those stormy times from flooding our lives, and from controlling us.

Remember the Rainbow! -- And let God's love re-create you!

Blue Jacket honored



NURSING SERVICES



By : LT C. M. Pagliara, NC, USN

Get your priorities in order

When we are feeling stressed or even depressed, we engage in fewer behaviors, whether they are fun activities or chores that need to be accomplished. When we have more things than we can possibly do in one day, we might have angry or frustrated feelings about our inability to do it all. Sometimes, these feelings bring on depression and consequently nothing is accomplished. We then dislike ourselves more for our lethargy.

To interrupt this process, we need to construct a situation in which we WILL accomplish something. "I can't" usually means "I won't." Taking responsibility for doing something increases control over one's self. How can this be done? On a piece of paper, write down the things you would like to accomplish. Establish priorities deciding which ones you need to accomplish today. In single-minded fashion, proceed to diligently complete each task. At the end of the day, take pride in the tasks accomplished and don't be overwhelmed by the things you didn't get done. Pride in your completed tasks will increase your self-esteem and will probably increase your work productivity. During the day as you complete a task, give yourself a mental pat-on-the-back. There is nothing more motivating than the sense of satisfaction in a job well done. (This column contains excerpts from an article in AJN, Aug 81, by Ruth Dailey Knowles, ARNP, PHD, CS.)

Mrs. Susan Doss, newly elected President of the Oakleaf Wives Auxiliary, recently presented a check to HN Sheila R. Scott in honor of her selection as the Blue Jacket of the Quarter, 1st Quarter, 1983. The Oakleaf Wives Auxiliary continues to play an active role in support of the staff and the mission of this command. Our sincere appreciation is extended to their entire membership.



Column Coordinator: ENS S. E. DuLac, MSC, USN

An ATTABOY from CNO

The results of the Department of Defense Drug and Alcohol Abuse Survey, conducted worldwide, indicate a more than fifty percent decrease in drug abuse throughout the Armed Forces. Navy Survey statistics show a reduction in marijuana use from 48 percent to less than 20 percent. Complete results of the survey are expected to be published later this month.

In announcing these findings, Chief of Naval Operations, ADM James D. Watkins stated, "This impressive progress in the war on drugs can be attributed to enlightened leadership within the chain of command, growing peer pressure against use, improved detection, effective deterrence, appropriate discipline, expeditious processing and preventive education. In other words, our progress to date is a function of an impressive 'all hands' effort. Our ongoing programs and initiatives have produced positive results and must continue to receive our full support. I am proud of our accomplishments, but remember -- ZERO tolerance of drug abuse in our Navy remains our 'top priority.'"

Reenlistment - a family affair



On 24 June, HM2 Anthony White was reenlisted for 4 years with LTJG E. Passen, MSC, serving as the reenlistment officer. Mrs. Carolyn White (HM3 active duty) received the spouse certificate from LTJG Passen.

CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

Educational Opportunities

Naval personnel are encouraged to participate in academic programs which increase their formal educational background and develop their potential. The Navy offers several programs to assist the service member in this endeavor.

Navy Campus Contract Degree Program: Provides members an opportunity to accumulate college credits through various sources and apply them towards a standard college degree from an accredited college or university.

Tuition Assistance Program: Provides financial assistance to eligible personnel who attend educational institutions on a voluntary off-duty basis.

Program for Afloat College Education (PACE): Is a component of Navy Campus in which undergraduate courses of accredited colleges and universities are made available to personnel serving on ships.

Instructor Service Program: Provides education through command organized classes to satisfy command needs and requirements.

Navy Functional Studies Program: Provides members, both high school and non-high school graduates, an on-duty basic/developmental educational skills program which will enhance military competence for mission accomplishment.

Defense Activity for Non-traditional Education Supply (DANTES): (1) Makes available to active duty, a number of examinations that can be used to validate non-traditional learning in terms of college credit. (2) Publishes a catalog of high school, college and graduate level correspondence courses available for various colleges and universities, covering a wide range of academic areas and all are fully accredited.

The invitation to "Join the Navy and See the World" is also an invitation to extend your educational horizons. In today's Navy, you can satisfy your wanderlust by traveling to duty stations throughout the world. But it is only through learning experiences that you can come to a greater understanding of your place in that world. Education is the key to understanding yourself, your culture, and world cultures. As a Navy person, you are entitled to that education.



LAB LINE

CAPT P. E. Petit, MC, USN

Histology and Cytology Labs

The Histology and Cytology labs are extremely specialized work areas of our hospital that are of critical importance, are hidden away, and perhaps do not receive the recognition they deserve. This article provides us a good opportunity to acquaint you with these areas and give you some insight on what type of work is performed.

Most women know the cytology lab through experience with pap smears. The term pap comes from the name of Dr. George Papanicolaou, a physician that developed the staining technique used with cervical smears and most other cytologic preparations. We are fortunate in having two workers in our cytology lab. Ms. Carol Ryals is our civilian cytotechnologist, and she has been with us for many years. HM3 Elke Thompson is our military cytotechnologist who recently joined us after completing training at Bethesda. Together they prepare and screen hundreds of pap smears and other cytologic preparations each month.

The Histology laboratory is our art gallery. In this area the solid tissues that are removed during surgical and biopsy procedures are processed for reading by the pathologist. Tissue samples are embedded in paraffin and cut in microscopically thin sections. These sections are mounted on slides and then artfully stained to demonstrate different cellular features. The true beauty of the preparation is realized when the slides are viewed under the microscope. Our histologist is Ms. Shirley Graham who has also been with us for many years.

Although these dedicated workers may be hidden away in their speciality laboratories, their quality work performance is absolutely essential in providing the pathologist the material needed to make an accurate diagnosis. They start the quality control process and maintain the surveillance to insure the

product. From their area of pretty color stains and chemical smells, they are doing an outstanding job.



Ms Shirley Graham



HM3 Elke Thompson

Retires



On 30 June, Mary C. Hancock, Laboratory Service, retired with over 35 years of civil service. Mary will be greatly missed.

It was picnic time on 17 June

Hospital Corps' 85th milestone



Photos by HM1 McQuigg



Photos by HM1 McQuigg



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Congratulations

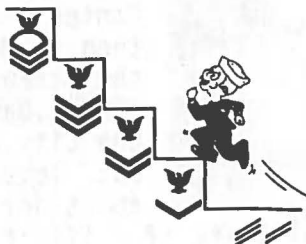
Congratulations to all newly selected petty officers. Being selected for advancement is the reward for sustained superior performance.

There were 58 Third Class, 11 Second Class and 5 First Class Petty Officers selected for advancement from this command. There were 45 "passed but not advanced" and only 4 failures. These are considered excellent percentages based on the Navy-wide exam results.

For those not selected, now is the time to get busy and start preparing for the examination in September. Review your correspondence courses, attend in-service training classes, develop study groups and improve your performance. The performance factor used in the final computation of your multiple plays a big part in determining whether you are advanced or PNA'd. Don't wait until the night before the exam to start studying.

For those selected for advancement, get ready to accept additional responsibilities in leadership and management. Money is not the only reward associated with advancement. All Third Class selectees have participated in the Petty Officer Indoctrination Course and this will enhance their capabilities in the performance of their duties. Education Service can assist you in preparing for advancement.

Congratulations again, to those selected and good luck to those participating in the September exams.



Command Master Chief Feature

Meet another of our Enlisted Advisors



HM1 James R. Jones, USN

HM1 Jones, Outpatient Administration Service, is the Enlisted Advisor for 9 junior personnel. HM1 Jones reported on board 12 January 1983 for his second tour of duty in Orlando. Petty Officer Jones has 11 1/2 years of Naval service. He and his wife, Margaret, have three children: Yolanda, 11 years old, James, 10, and Sabrena, 9 years old. Home state is Arkansas.

The following personnel are assigned to HM1 Jones: HM2 Donald Tomlinson, HM3 Wiley Tucker, HM2 Anthony White, DN Bradford Launs, HN Duncan Moody, SA Matthew Lammie, HM1 David Orenze, HN Terry Beasley, and HN James Lawyer.

Thoughts to Ponder

People are unreasonable, illogical, self-centered
Love them anyway.
If you do good, people will accuse you of selfish motives
Do good anyway.
If you are successful, you will win false friends and real enemies
Try to be successful anyway.
The good you do will be forgotten tomorrow
Do it anyway.
Honesty and frankness will make you vulnerable
Be honest and frank anyway.
People favor the underdog, but they chum up to the top dog
Fight for the underdog anyway.
What you spend years building can be destroyed overnight
Build anyway.
Give the world the best you have and chances are you will get kicked in the teeth
Give it anyway.

Anonymous

JustAWord from the
Skipper

CAPT A. Herr, DC, USN



Salutations!

First, I would like to thank the entire command for such a warm, friendly, cooperative reception and for such an outstanding Change of Command. You proved yourselves to be as proud as your reputation and I would like to state it is a pleasure to take the helm of such an outstanding command.

There is one thought that I would like to have you think about and incorporate in your positive attitudes about our command. Think of the command as our home -- yours and mine. We all spend a lot of time in our work areas and have a strong sense of pride in our spaces and the professional way in which we conduct ourselves in the delivery of health care. If we think of it as our home, we cannot but take a stronger personal interest in the appearance of the command and ourselves. Of course, another spin-off of this is that every patient that comes through our doors is then a guest in our home and, as such, deserves the finest of hospitality. I have already received many compliments from patients about the reception and treatment they have received from you. The entire staff can certainly take pride in knowing that our health care, understanding and empathy is greatly appreciated by our patients. Many thanks to all of you from the "front office gang."

How does this sound?

Naval Hospital
Orlando, Florida

For some of the staff, that will bring back memories. But, anyway, we have received the official word that we are now designated "Naval Hospital."



CRA

NOTES



By Joyce Lockwood

New Board of Directors

This will be my last article for the CRA Notes. It has been a privilege and a pleasure serving as Chairwoman for the past two years. The following employees have been appointed to serve on the CRA Board of Directors for one year:

Chairperson: Dianna F. Bates, H-36
Vice

Chairperson: Carol L. Blankenship, H-17

Secretary: Mitzie E. Wilson, H-32

Treasurer: Joe G. Kinzler, H-38

Members:

Joyce M. Lockwood, H-39

Paul Sampson, H-38

Gail L. Duncan, H-36

Wesley H. Sorenson, H-38

Judith E. Brooke, H-34

Catherine E. Davidson, H-11

Jody E. Barker, H-32

Lois Rogers, NRDC-23

Mary D. Goad, H-11

Linda W. Rieger, H-11

Arrie O. Barnes, H-34

Vita A. Fallon, H-27

Doreen A. Lett, H-17

CRA BIRTHDAY GREETINGS TO: John Brown on 1 Jul; James Matthews on 2 Jul; William Holton and Wesley Sorenson on 3 Jul; Glen Knowles on 4 Jul; Eligha Cotton on 6 Jul; Estella Duell on 12 Jul; Charles Fowler on 13 Jul; Hazel Jewell on 14 Jul; Leonor Diaz, Betty Lyerly, and Lois Wilkerson on 15 Jul; Carmen Olmeda on 16 Jul; Shirley Stanton on 17 Jul; Delores Nader and John White on 18 Jul; John Hardemann on 19 Jul; Francis Reilly on 24 Jul; Marcia Clark, Marie Lamothe, and Homer Mills on 26 Jul; Esmeria Maletta on 30 Jul; and James Lohman, Corinne Partin, and Judith Taylor on 31 Jul.

WHOOOIZZIT

It's Gail Duncan, Human Resource Management Service. Gail has been an employee of the hospital since October, 1982. Her first position was at the Family Practice Clinic at the Naval Training Center Annex, and then in March, 1983, she transferred HRMS. Gail lives in the City of Orlando, but loves to talk about her homestate, the beautiful State of California!

